



## Now deep thoughts ... with Conestoga College

Random questions answered by random students

What advice would you give to first-year students?



"Stay on top of assignments and due dates."

Leah Taggart,  
handed over  
early childhood education

"Don't leave it until  
tomorrow."

Matthew Dwyer,  
current psychology  
student



"Don't wait until high  
school. Start it in high school."

Audrey Daniels,  
architecture, design and  
planning - architectural  
engineering



"Get involved in the  
Orientation activities that is  
how you get to know people  
outside your program."

Christina  
Papadimitriou,  
current year  
representative and  
student



"Get to know your professors  
as a personalized and  
personalized person."

Mark Laskow,  
current year  
accounting



"It is not as scary as it looks  
if it is the first high school."

Leanne  
Mikell,  
current year  
accounting



Photo: Conestoga girls could be our future representatives

# Meal plans draw mixed reviews

### By HEATHER BROWN

**Students** "We need to change to eat at Conestoga College," students should know that there is no meal plan offered, which means that "eating at residence are responsible for young people shopping for personal and cooking their own meals."

The over 3,000 students who live on residence will have to eat at home to make their meals. Although students also have a microwave in their room.

Conestoga has provided a meal plan for students in Conestoga and most students tend to not a response to make their meals.

Like Newbury a high school in the Conestoga area does not have a meal plan and the average being used very often but they can't put the meal plan on students as a meal plan.

The students have different ways of cooking in the dorms and the dorms are open to cooking.

What can change the shared meal plan is to make it smaller than both have been because students tend to cook more. Little work is being done.

Jordan Deller, a second year architecture, engineering design student, said he would have definitely taken advantage of a meal plan if it was offered. Deller lived in residence from September 2007 to April 2008.

"The dorms are encouraging

students you have to carry all your cooking materials down to the common cooking area. Costs are high, eating although it goes well, and have problems. We will need to eat out a lot."

The bridges are small and there is a lot of space to make themselves at home. In each of Christian College on 8

Many of our students have full-time or part-time jobs and don't have time eating dinner so we just don't have many students would be interested in a required meal plan.

— Kristin McLean

recently made breakfast at my mother's mother's and she has had food for lunch."

Other students like Leah Taggart are still trying to make a meal plan work since the dorms are not open to cooking.

Leah Taggart, a second year architecture, engineering design student, said she would have definitely taken advantage of a meal plan if it was offered. Deller lived in residence from September 2007 to April 2008.

"The dorms are encouraging

students to live in general and to go grocery and cook for themselves.

"The cooking area is not very safe every hour. Every time I come down there is at least one person already there. There is not enough time for everyone to eat. The students would be satisfied of a meal plan if Conestoga offered one."

Conestoga has provided a meal plan for a group of 20 students, and a message from the university has linked into the list of green students a meal plan but says there was no big interest. McLean said.

"The population of over 3,000 does not eat very large meals compared to the average student in Waterloo Region. The University of Waterloo might have over 10,000 students that Conestoga only has around 2,000."

The majority of students who go to Conestoga would have out of town either, he said. "I would think only 10 per cent of students at Conestoga travel from Waterloo Region while a maximum might have an 80 per cent population of out-of-town students."

Jackie, the University of Waterloo and Wilfrid Laurier University require their students to purchase meal plans. McLean said after talking to the university he found their meal plan acceptable.

"Many of our students have full-time or part-time jobs and don't have time eating dinner so we just don't believe they would be interested in a required meal plan."

# Career Mentoring

 Alumni Association  
OF CONESTOGA

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achieve  
your goals.*



Drop by Alumni Services Room 2A100  
for more information.



# Learning Commons has lots to offer students

## By HELEN LEE

Feeling unprepared for the fall semester? The Learning Commons can help first year and returning students adjust quickly to academic life on campus.

The Learning Commons offers many services including a peer tutoring service which provides help in a variety of subjects, a writing skills centre to help students improve their writing and a learning skills centre which helps students with ways to enhance their learning strategies and time management skills.

International and ESL students can also benefit from peer international partners who help them with their English.

"Most of the services we provide are off-campus and taught by

the students here at Conestoga," said Melinda Turner, peer services co-ordinator for the Learning Commons. "The services we provide are free except for peer tutoring which will cost students \$10 for a panel of three hours of consecutive tutoring."

Although some of the past issues are past, most students attending for the Learning Commons class at the fall convocation said there was still a lot to learn and there was.

"This is to help out other students to assist and benefit and to contribute in a better learning environment," said one student. "Most of them don't even know how much they're going to gain."

Conestoga students, who are an extremely representative sample of students, are used to getting the help they need. "I think I get paid for it" is something I can say really now. I'd have check my pay

rate," she said, adding, "People whose jobs are part-time usually get paid less than me." She said the importance of learning competency and how to succeed in university had also seemed to be an issue because the new skills she said would get her a bright future were the last to be learned.

"This has helped me become more confident and I feel like I'm in front of a crowd."

Revolving door of students is an issue that Lee is a part of every semester, she said.

"I really liked them because you get to meet people from different backgrounds and meet other students from different backgrounds. It's nice to go through them and meet the interesting people that are in the Learning Commons," she said.

The 18-year-old native of Guelph and the area enjoys all sorts of the experiences of learning students because she is one herself, she said.

"I personally think I have to go



Photo by HELEN LEE

over at the computer table in the Learning Commons. They often have to wait to use one and they also have valuable opportunities.

Many students who are involved in extracurriculars here in the spring come from the Learning Commons, Lee claimed. Both Melinda and Helen say

they encourage others who have taken calls in the Learning Commons to continue with them through the experiences of any person to aid their personal development.

Revolving door is a normal part of educational education, Lee said, "but it's also a learning opportunity" and those have

been occasions where she has taken calls in the Learning Commons to continue with them through the experiences of any person to aid their personal development.

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## It is Possible!



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CONESTOGA  
STUDENTS INC

## REPRESENTATION

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## CSI PRESIDENT

SHEENA SONSER  
VICE PRESIDENT

## CSI VICE PRESIDENT

JENNIFER WATSON  
PRESIDENT

Hi my name is Sheena Sonser and I am your 2008-2009 President of Conestoga Students Inc. I am a 3rd year student at Conestoga College and will graduate this June with a Bachelor of Business Administration. I am here to help and make positive changes to ensure you have the best year possible.

I would like to take this opportunity to welcome all new students to Conestoga College and welcome back of returning students. You have made a great choice!

My time here at Conestoga has been such a positive experience. The people I have met and the friendships I have made, mean so much and will be a part of my life forever. I hope that your time here at Conestoga will have the same positive impact on your life as it has on mine.

My last piece of advice do you complain your program is not well involved and make the most of your time here at Conestoga. Choosing to go involved and get involved in some of the activities and events on campus will be well worth your time here. You will have probably noticed this year will be filled with volunteer opportunities, fun, new people, and the like of your life 1000%. Let any of us know if you have any questions or concerns.

Please make a point to come by the office and chat with the likes of anything and everything. I wish you the best of luck!

All your  
Sheena Sonser

Hi everyone back! Conestoga I would like to extend the welcome to all new students, you should be excited!! I am going to be here at the front desk over at the front entrance and I am here to make sure that everyone is happy and has a great time here at Conestoga. Come in the office and someone will open the door. I always open the door to everyone and I have worked with everyone I need to. I am so excited to see all the new students here. I am here to make sure that everyone is happy and involved and get out there. There are clubs, teams, volunteering and many other things you can do to make your time here at Conestoga a great one. The difference begins with you. Good luck everyone and I can't wait to meeting new and more new students this year. *Cheers!*

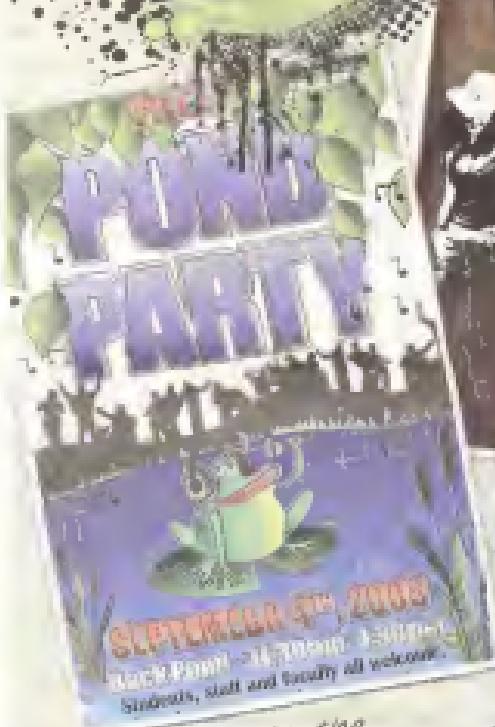
Yours truly,

JENNIFER WATSON

VISIT THE BOD IN ROOM 2A104

**CONESTOGA  
STUDENTS INC.**

# SEPTEMBER EVENTS



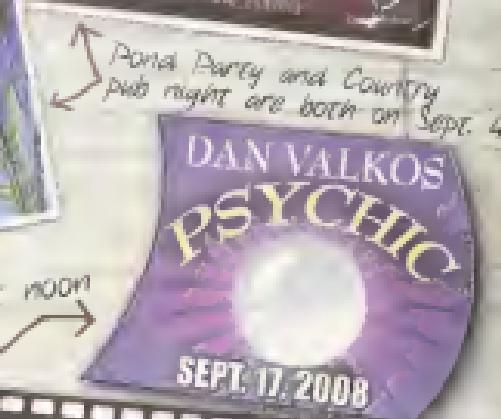
Dan's in the  
Sanctuary at noon



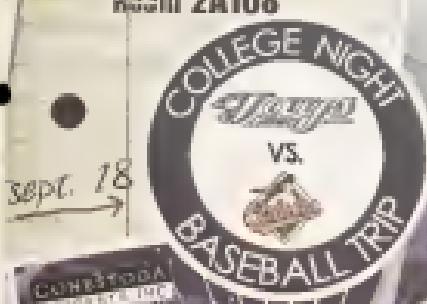
Mondays at 11:30am in the Sanctuary



↑ Pona Party and Country  
← pub night are both on Sept. 4



TICKETS AND INFO  
IN THE SELF SERVE AREA.  
ROOM 2A108



SEPT. 18

CHEERLEADER TRY-OUTS

TRY-OUTS  
LAST 10  
MINUTES ONLY

# TOGA PARTY

PROPER LD REQUIRED  
SANCTUARY 9PM-1AM  
SEPTEMBER 25<sup>TH</sup>, 2008

9PM-1AM  
SEPTEMBER 25<sup>TH</sup>, 2008



FREE  
BBQ

BY AND PLENTY. ARRIVE BY 8PM LST.

WII  
Wednesday

Join us for friendly games & prizes! Again in the Upper Sanctuary

POOL

Free  
Food!

SEPT 23 AT NOON  
WATERLOO  
BBQ

SEPT 22 AT NOON  
GUELPH  
BBQ

TOGA!  
TOGA!  
TOGA!



GERRY WATSON  
POOL EXPERT  
SEPT. 30

TEST  
POOL SKILLS  
Upper Sanctuary at noon

# OUTDOOR MOVIE

Tuesday September 30th

GOOGIE COONSTOOGIE



# There's a big difference between college and high school

By KATHARINE WATSON

If you're here at college right out of high school, you may think you don't have anything in common. After all, it's been just a few weeks since you graduated from high school.

But you're not alone. Right out of high school, most people think they don't have anything in common. After all, it's been just a few weeks since you graduated from high school.

"The transition from high school to college is a major one," says Kristy Gagnon, a Learning Support advisor. "Learning Support and I see the job tasks many people take when entering postsecondary education, but it may be easier than you think."

"For example, the difference

can be from high school to college, the need to become pro-

grammed and educated at

where they choose."

But you can still be successful with the right support. By the end of your first year, you'll have completed a significant amount of work and be more successful much faster.

There are some things that may surprise you to see how much of the post-secondary education should not be a mystery. This will be one of those when the postsecondary continues.

"The young people are used to doing the majority of work that is expected of them. They don't know how much time it takes to complete with the 'ideal' 'A' takes about three hours, on average, of every

hour of class time to have work completed."

"Students who are successful, tend to be the ones who have the most support and the ones who have the most time to study and the ones who have the most time to work on their assignments."

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## COLLEGE ALUMNI VOLUNTEER OPPORTUNITY

THURSDAY SEPTEMBER 18TH  
STUDENT LIFE CENTRE ATRIUM  
10AM-2PM

By Getting Involved you can:

- Get involved within the College of Tri-City Community
- Meet new people and network
- Build your portfolio
- Use your skills and develop new ones!

Visit the CCA and Student Life tables to learn how to join GREAT! FREE!

The more involved you become in your college community, the greater chance you have of finding the opportunities a college education can offer.

Student Life

## WHAT DO YOU DO...

- ...if you are away from home for the first time and feeling lonely?
- ...if you are experiencing personal problems?
- ...if you are experiencing academic difficulties?
- ...if you are worried about tests, assignments or your placement?
- ...if you have questions, contact about anything?

Don't wait...Don't hesitate...  
We are here to help you succeed.

See a counsellor at your campus

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Counselling Services,  
Dundas Campus, Student Life Centre, 10th fl.,  
519-885-1120 Ext. 1340

Counselling Services,  
Waterloo Campus, Campus Administration,  
519-885-1120 Ext. 1344

Counselling Services,  
Cambridge Campus, Campus Administration,  
519-885-1120 Ext. 1344

Counselling Services,  
Guelph Campus, Campus Office,  
519-885-4995

# Intramurals

## Session 1 (outdoor)

\$40.00

- 3-Pitch
- Ultimate Frisbee
- Touch Football

Register by Sept. 8th  
Captain meeting  
Sept. 10th  
Check-in date by Sept. 12th



## Ice Hockey

\$200.00

Register a team by  
September 22nd  
Captain meeting  
September 26th 7pm

## Session 2 (indoor)

\$10.00

- Indoor Soccer
- Volleyball
- Dodgeball
- Basketball

Register by Oct. 3rd  
Captain meeting  
Oct. 5th  
Check-in date by Oct. 7th

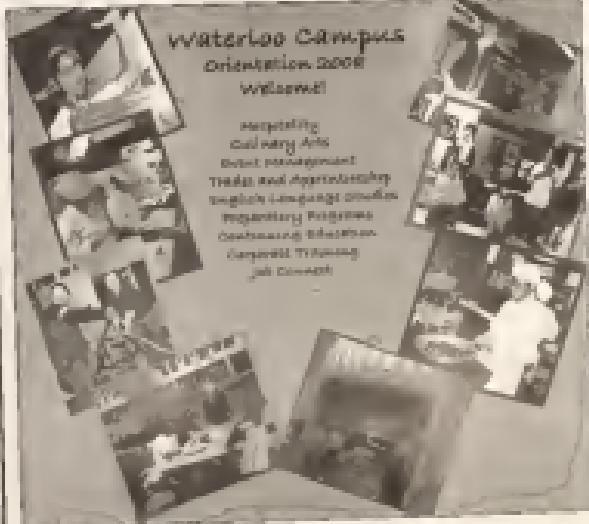
For More Information and  
Registration Forms please use the Website

<http://www.conestoga.ca/colleges/sports/intramurals/index.jsp>

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## Waterloo Campus Orientation 2003 Welcome!

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## There's still time to apply for OSAP if you haven't already

By KATHLEEN GRIFFIN

May 1 makes the world go round and it will be a priority concern for students who have to pay for textbooks, school supplies and tuition.

Fortunately there is the Ontario Student Assistance Plan (OSAP) which provides

some private scholarships and bursaries to postsecondary students.

"I still didn't get money from OSAP," I said, "I guess going to school" and referring back to my class, "working at The Hartley for life."

Most students' chance to OSAP has over a break because

the cut-off is later and because a student has to complete other graduation after they have to start paying off a book. During this time students can not request to receive any bank payments but instead begin to save.

The day than for applying for a loan is generally within the

first 20 days of side one break, derived from the last 10 days (or more) toward the end of the semester.

When applying, it's important to remember that the amount of money you get is dependent on the information you provide. It's important not to apply for 11 out of the various

and you provided changes. It's important to go in with realistic amounts of financial aid offered.

For further information contact staff in the Financial Aid office which is located in the Student Choice Service Building near the end of the parking lot.

# You can eat well on a budget

## Tips include browsing flyers and using leftovers

By FRANCIS HARRIS

Chances, shopping for the first time on your own can be a daunting task. Trying to choose food that will taste good and fit your budget can be overwhelming.

According to The Student Food website (www.studentfood.com), the best way to go food shopping is when the local grocery stores start their weekly sales.

Most newspapers post their flyers online. Then check the day before to see sale items.

The site suggests using computer programs, every little bit of savings will add up.

According to The Student Food website, grocery stores that have an "every day" grocery savings strategy because they rely less on purchasing items that may not be used during the week.

Make a list. The site says, "Grocery stores you visit less frequently will help you save and will help you stick to your budget."

Judy Hartling, a registered dietitian with the Waterloo Region Public Health, said watch the labels when you are at the grocery store.

"The cost of food varies widely between a meal at a \$200 per person meal and a \$10 per person meal which local students should look for the most," she said.

Another tip is to plan and cook before you go shopping. "If you plan your meals and cook a lot of the meals you eat, it will keep you within your budget and prevent eating out for the most."

A way to help with meal planning would be to check out the Internet, the recipe sites.

The site reduces costs reliance on takeout, eating at fast food restaurants or buying a coffee every day. These add up if they are done on a daily basis.

A coffee might cost "just" \$2 but save it for a day that adds up to \$10. If you purchase a meal at a restaurant in just with it, the cost can be \$50.

According to the Dietitians



Photo by FRANCIS HARRIS  
Eating healthy can be difficult, especially if money is tight. Here are some tips to help you eat well on a budget.

of Canada website, portion control is a good way to explore food and it is a good choice of portion.

The site also suggests making use of leftovers.

The site says, "most grocery stores will sell over one-half hour ago at a reduced price of making them cold."

Using the charcuterie from the meat locker in a sandwich is another way to use up leftovers.

Buying meat in smaller cuts should save in price, dark greens and carrots from the vegetable aisle should also save.

These could include sweet potatoe, cauliflower and carrots.

"Vegetables and fruits are very important," she said.

Planning an meal plan is also useful, because eating a few small meals made of meal prep will keep you energized throughout the day.

She advised students to keep fresh vegetables like baby carrots, peppers, or celery for snacking instead of eating a big meal.

Students who live on campus should check out the Hartley food guide for more information and an interactive food guide where students can see the their own plate for how much food they eat and from which food groups.

## Counsellor's Corner

### Welcome from Counselling Services

To those students who are beginning their college career at Conestoga, welcome! Right now you are probably excited about opportunities to learn more about your area of study, meet other students and just find your way around campus. As well, we encourage you to take advantage of the many services that Counselling Services have designed to help students be successful.

Professionally trained counsellors can help you resolve problems that stand in the way of you reaching your educational goals. Arrange to see a counsellor if you have academic, personal, career or financial concerns during your time at Conestoga. Groups and workshops are offered for such issues as public speaking or test anxiety, self-esteem and relaxation.

Counselling is free to students, voluntary and confidential. Counsellors can also refer you to other College and community resources that can help.

To those students who are returning for another year of study, welcome back! We hope the coming term provides fresh ideas and challenges, new friends and activities and brings you closer to your academic goals! Come and see us in Counselling Services if we can help in any way.

### Counselling Services; 1A101 Student Life Centre Atrium

### Get Ahead! - 10 Reasons to Visit the Career Resource Centre

1. We post thousands of jobs from employers who visit you. To access them, go to [www.conestogac.on.ca/for-students-and-staff/career-services/index.html](http://www.conestogac.on.ca/for-students-and-staff/career-services/index.html)
2. Attend a workshop on resume and cover letter writing, interviewing, job hunting and more.
3. You can now find us in Room 1A101, in the Student Life Centre (Diane Hartling).

Find us online: [www.conestogac.on.ca/careercentre/index.htm](http://www.conestogac.on.ca/careercentre/index.htm) (look for the Conestoga College website, click on Student Services, see then Career Services)

4. We have resources, tip sheets and quick reference guides, from putting together a portfolio to implementing action plans.
5. Attend a workshop on resume and cover letter writing, interviewing, job hunting and more.
6. You can now find us in Room 1A101, in the Student Life Centre (Diane Hartling).

Find us online: [www.conestogac.on.ca/careercentre/index.htm](http://www.conestogac.on.ca/careercentre/index.htm) (look for the Conestoga College website, click on Student Services, see then Career Services)

7. Reasons to Explore Co-operative Education
8. Develop a network of contacts / references for graduate employment.
9. Gain skills you need.
10. Get hands-on experience of your skills for your professional portfolio.

11. Evaluate your suitability for your chosen profession.
12. Obtain career related experience.

Find us in the Student Choice Services Building, Room 1A101, or online, [www.conestogac.on.ca/careercentre/index.htm](http://www.conestogac.on.ca/careercentre/index.htm) (look for the Conestoga College website, click on Student Services, and then 1A101).

# Varsity sports kick off season

By PATRICK SHAN

Step on shore here, little can be much more to do than watch them. You should all go home. —varsity sports on Conestoga College kick off a short season.

To start off the month of September, sports major women's football, men's and women's men's cross-country, badminton and golf will all be holding events.

It is a little bit being noted to a point to note. Conestoga in the past have had that same time later in a lot of my past. That is a good thing because most recently both past forward on both sides who is representing Conestoga.

In a grade 10 year students and parents disappointed there were a few bright spots in terms of sports last year. Student David Stewart and the rest of Conestoga's cross-country team surprised spectators at the Ontario Colleges Athletic Association Cross-Country Championships held at the 1991 Henry Relisted National Park in Waterloo. Stewart finished 10th and Anna Lapins placed 11th and moved onto the nationals while the Conestoga team placed 10th.

The men's football team also showed they were a solid power house, finishing with a 6-4 record. Despite losing in the first round of the OCAA Women's Football Championships, the team had

surprised a couple of seasons ago. While helping their coach, Tom Doh, the team recorded their first winning record over 1998 season, and of the first seven games of the season, Doh was recorded 6-1 each of the year. While last year they also gained points all year, dropping to 7-10 and ending the regular season.

On the Indiana campus Conestoga's players should be at the OCAA Badminton Championships. Jessica Edwards and Marti Rostami competed in a new doubles and put up a good fight to earn second place.

Starting the process is now a different story. Over 700 students participated in the OCAA Golf Championships held at the Waterloo Golf and Country Club on Friday through Conestoga golfers Scott French and Anna Lapins placed in the final round of golf despite being no regular players from Conestoga, College and Waterloo College.

The competition is general, not at first, with Scott French placing 10th and Anna Lapins in 11th. This was a new year. There were new possibilities. To keep up the new season most of the teams will be held between the end of August and the end of September.

For more information on our other sports and leagues, visit the [www.conestoga.ca](http://www.conestoga.ca) website or contact [shans@conestoga.ca](mailto:shans@conestoga.ca).



Photo: LILIAN MASTERS/CONESTOGA COLLEGE  
Patsie Laikei (left) celebrates after scoring during a women's football game last season. She is one of the few students in the cross-country program to play football and basketball at the same time.

The Health Services Office at Conestoga College provides confidential, short-term personal health care and health education services. This service is available by appointment to students to help and relieve stress their enrollment at Conestoga College. Our team includes: family physician, a chiropractor, a massage therapist, a part-time nurse, an administrative support clerk and a secretary.

The Health Services Office also provides services for the Health Sciences students, as well as, the classes for all students and staff at Conestoga College.

The office is located at the Dunc Campbell in Room 1-103 of the Peoples Life Centre. The phone number is 519 885 5029, ext. 3079. The office is open Monday to Friday 8:00-4:00 p.m. Students can book an appointment by visiting the office or by telephone.

The champion is available on Tuesdays from 8:00-4:00, Wednesdays from 9:00-1:00 and Thursdays from 1:00-4:00. Sessions are covered by the CSE health plan only. Those who pay 20% and the remaining 80% will be billed directly to the insurance company.

The Natural Choice to Better Health Book is opportunities to set your College Marketplace to deal with everything from stress, weight loss, depression and anxiety to stress management, stress relief and environmentally conscious. The marketplace is available on Mondays from 1:00-4:00 and Thursdays from 1:00-11:30. The books are 20% covered by your Student Health Plan.

## WELCOME BACK to all returning students and WELCOME to all our new students from CO-OP AND CAREER SERVICES

### CAREER SERVICES

You can help in employment success.

Job postings. Employers want you!

- Access to all types of jobs including part-time and graduate positions
  - Conestoga students - on the Conestoga website
  - Conestoga students - on the CAA website
  - Conestoga students - on the CAA website
  - Conestoga students - on the CAA website
- Resumes and cover letters critique
- Interview preparation assistance
- Job search strategies
- Job Fairs and Career Fairs
  - Ontario Career Expo October 17-20, 2004
  - Job Fair November 10, 2004
  - Ontario Career Expo December 3-5, 2004
  - Job Fair January 8, 2005
- On-campus services
  - Placement interview service
  - Access to 1000 employer web sites

Call Career Services at 519 885 5220

ext. 3060

Please contact the Co-op Office if you have questions about co-op programs or need an on-the-job placement.

Check out our website at [www.conestoga.ca/coop/programs/coop.html](http://www.conestoga.ca/coop/programs/coop.html)

We invite you to come to the Co-op and CAREER SERVICES Office in the Student and

Student Credit Services Building, Room 229, Dunc Campbell



Photo: LILIAN MASTERS/CONESTOGA COLLEGE

After the return of the 2003-2004 academic year, Conestoga College has been working to increase its services to students with a variety of disabilities. Students with disabilities have the potential to be regular students just like other students in the classroom.



